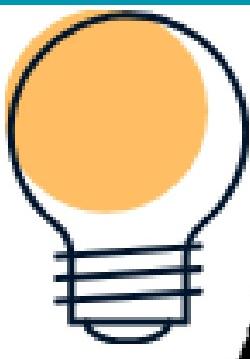


IDEA



Hello beyond words



Miss/Nadin Hisham

01101403206

UNIT 1

Helping each other to learn

مساعدة الآخرين على التعلم





Key vocabulary

LESSON 1 62

take a break

يأخذ راحة

highlight

تظليل

make notes on

يكتب ملاحظات

underline

يضع خط

practice a presentation

ممارسة العرض التقديمي

think about

يفكر في

tricky spelling

تهجئة صعبة

suggestion

اقتراح

reduce

يقلل

natural sunlight

ضوء طبيعي

Extra vocab

experience

خبرة

interesting

شيق

dessert

حلوى

strawberry

فراولة

desert

صحراء

worried about

قلق بشأن

piece

قطعة

post

منشور

environment

بيئة

eco-friendly

صديق للبيئة

studying

الدراسة

pollution

تلويث



planet

كوكب

recycled materials

مواد معاد تدويرها

public transportation

وسائل النقل العام

devices

أجهزة

nervous

عصبي/متوتر

difference

اختلاف

paper

ورق

idea

فكرة

tips

نصائح

electric lights

اضواء كهربية

find /found/ found.

يجد

recycle/recycled/recycled
يعيد تدوير

read /read/read.

يقرأ

make/made/made. يصنع

remember/ed.

يتذكر

learn/learnt/learnt.

يتعلم

give/gave/given.

يعطي

take/took/taken.

يأخذ

think/thought/thoughts يفكر/يعتقد

know/knew/known. يعرف

use/used.

يستخدم

study/studied/studied.

يدرس

help/helped/ helped.

يساعد

**print/ed.
save/d.**

يطبع
يوفر/يحفظ



Synonyms & Antonyms

Enjoyed. * مسنتمع - appreciated, liked. **hated, disliked

Useful* مفید - helpful, beneficial. ** useless, worthless,

Highlight* تضليل - , stress, underline ** ignore, , dismiss

Tricky* صعب - difficult, challenging, **easy, simple

Remind* يذكر - recall, remember. **forget,,

Sweet* حلو المذاق - delicious, tasty. **unpleasant

Difficult* صعب - hard, challenging. **easy, simple

Experience* خبرة - knowledge, , **inexperience,

Preposition & Expressions

difficult to صعب ان

worried about قلق
بشأن

important to. من
المهم أن

turn off. يطفئ

made from. مصنوع من

make notes يدون
ملاحظات

Definitions

highlight

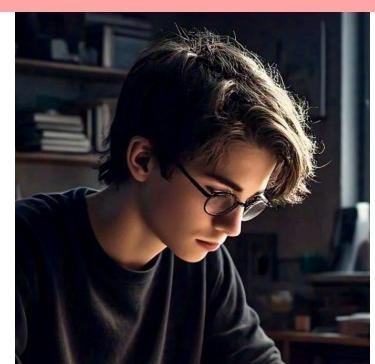
means to mark or underline important information, usually with a highlighter pen.

practice a presentation

Trying out your presentation to fix mistakes and make improvements

Tricky spellings

spellings that are difficult to pronounce or write correctly



READING

I was in Grade 7 last year and I really enjoyed it. From my experiences I have some suggestions to help you learn. When you read a text, it is useful to underline new words or highlight them. I find it easy to remember the meaning of the words, but I sometimes find it difficult to remember how to spell them. I read online that you can remind yourself of tricky spelling words by linking them to other words. For example, I always forget the difference between desert and dessert. I tell myself that dessert has two 's' letters, so it reminds of sweet strawberry desserts! Sweet strawberry begins with two 's' letters like the word dessert, which is a sweet food we eat. Desert has only one 's' so it is a piece of land, not a kind of food!

كنت في الصف السابع العام الماضي، وكانت تجربتي ممتعة جدًا. من خلال خبرتي، لدي بعض الاقتراحات لمساعدتك على التعلم. عند قراءة النصوص، من المفيد تسطير الكلمات الجديدة أو تسلیط الضوء عليها. أجد صعوبة في تذكر طريقة نطق الكلمات، لكنني أستطيع تذكر معانيها بسهولة. قرأت على الإنترنت أنك يمكنك تذكير نفسك بكلمات الصعب نطقها عن طريق ربطها بكلمات أخرى لذلك أتذكر ،"s" تحتوي على حرفين "dessert" و "dessert". على سبيل المثال، دائمًا أنسى الفرق بين كلمات تحتوي على "desert" وهي طعام لذيذ نأكله. كلمة ، مثل "s" تبدأ بحروفين "dessert" ، كلمة "sweet strawberry" مثل "s" الحلوى اللذيذة! كلمة واحدة فقط، لذلك هي تشير إلى قطعة أرض وليس طعاماً "s" حرف!

Hi Amr!

Thank you for your post, it was very interesting. I'm not really worried about learning new words, or spelling as this is something I am good at. However, the idea of underlining or highlighting new words is very useful so I will try that this year. What makes me nervous is when I have to give a presentation in class. Can you give me any suggestions about that? What is a good way to practice a presentation? Also, my mom says it is good to take a break when you are tired. What do you think? What did you do in Grade 7 when you needed a break?

Daila

مرحباً عمرو!

شكراً على منشورك، كان ممتعاً جدًا. أنا لاأشعر بالقلق بشأن تعلم الكلمات الجديدة أو نطقها، لأنني جيد في ذلك. ومع ذلك، فكرة تسطير أو تسلیط الضوء على الكلمات الجديدة مفيدة جدًا، وسأجربها هذا العام. ما يقلقني هو تقديم العروض في الفصل. هل يمكنك تقديم نصائح حول ذلك؟ ما هي الطريقة الجيدة لممارسة العرض؟ بالإضافة إلى ذلك، تقول أمي إنأخذ فترات راحة عند الشعور بالتعب جيد. ما رأيك؟ ماذا فعلت في الصف السابع عندما كنت بحاجة إلى راحة؟

داليا



Studying and the environment

When we are learning, it is important to think about the environment. Everyone knows how important it is to protect our planet. Here are some simple tips to make your learning more eco-friendly The nice thing is these ideas are easy to do that

First, try To use less paper Why don't you use a computer or tablet to make notes or to read books? This way, you save paper and help the environment I know these devices are quite new. What did people do in the past? People couldn't use a computer because they didn't exist, but today we have a choice. Another thing that is important to think about is what to do when you want to print something. One idea is to print on both sides of the paper to reduce waste

2 When do you usually study? A lot of students study in the evening when it gets dark. But ask yourself this question: How did people study before there were electric lights? You can save energy while studying. Turn off lights and devices when you are not using them. Try to study during the day so you can use natural sunlight. This will help you use less electricity

Next, ask yourself the following: What materials do I use when I study? Pick up a pen and look at it is it made from plastic? The answer is probably: yes. Nowadays you can buy pens made from recycled materials and notebooks that use recycled paper.

Finally, how do you get to school? Why not walk, cycle, or take public transportation to school, to help reduce pollution?

الدراسة والبيئة

عندما نتعلم، فمن المهم التفكير في البيئة. الجميع يعرف مدى أهمية حماية كوكبنا. إليك بعض النصائح البسيطة لجعل تعلمك أكثر ملائمة للبيئة.

الميزة الجيدة هي أن هذه الأفكار سهلة التنفيذ. أولاً، حاول استخدام أقل قدر من الورق. لماذا لا تستخدم جهاز كمبيوتر أو جهاز لوحي لكتابة الملاحظات أو قراءة الكتب؟ بهذه الطريقة، ستتوفر الورق وتساعد البيئة.

أعلم أن هذه الأجهزة جديدة نسبياً. ماذا فعل الناس في الماضي؟ لم يكن الناس يستطيعون استخدام جهاز كمبيوتر لأنها لم تكن موجودة، ولكن اليوم لدينا خيار

شيء آخر مهم التفكير فيه هو ماذا تفعل عندما تريدين طباعة شيء ما. فكرة واحدة هي الطباعة على كل جانب من الورق لتقليل الهدر.

عندما تتدارس عادةً؟ يتدارس الكثير من الطلاب في المساء عندما يصبح الظلام. لكن اسأل نفسك هذا السؤال: كيف درست الناس قبل وجود الإضاءة الكهربائية؟ يمكنك توفير الطاقة أثناء الدراسة. أغلق الأضواء والأجهزة عندما لا تستخدمها. حاول الدراسة خلال النهار حتى تستفيد من ضوء الشمس الطبيعي. هذا سيساعدك على استخدام طاقة أقل.

اسأل نفسك ما المواد التي تستخدمها عند الدراسة؟ خذ قلمك ونظر إليه، هل هو مصنوع من البلاستيك؟ الجواب بلا شك: نعم. في هذه الأيام يمكنك شراء أقلام مصنوعة من مواد تدويرية أخيرة كيف تذهب المدرسة؟ لما لا تمشي أو تركب عجلة أو تأخذ وسيلة نقل عامة لكي تقلل التلوث، بعد ذلك



1_ From my I have some suggestions to help you learn

a_problems. b_experiences. c_tips. d_highlight

2_Nadin reads online that It can remind herself of ... spelling words by linking them to other words

a_easy. b_nice. c_simple. d_tricky

3_It is useful to underline new words or them.

a_highlight. b_solve. c_remind. d_cut

4_I sometimes find it difficult to how to spell some words.

a_remind. b_forget. c_remember. d_write

5_Salma always forget the..... between desert and dessert.

a_difference. b_important. c_useful. d_highlight

7_I am nervous because I have to give a /an.... in class

a_game. b_break. c_nervous d_presentation

8_My teacher says it is good to take a/an..... when you are tired.

a_tired. b_strong. c_nervous. d_sad

9__What is a good way to a presentation?

a_practice. b_win. c_score. d_take

10_I'm not really about learning new words.

a_afraid. b_worried. c_nervous. d_tired

11_the ... of underlining or highlighting new words is very useful so I will try that this year.

a_job. b_break. c_problem. d_idea

12_Everyone knows how important it is to protect our

a_planet. b_books. c_plant. d_shop

13_Try to study during the day so you can use natural

a_highlight. b_sunlight. c_break. d_planet

14_you can buy pens made from materials and notebooks that use recycled paper.

a_use. b_useless. c_useful. d_recycled



15_I save paper and help the

a_environment. b_history c_story. d_suggestion

16_Turn off lights and.... when you are not using them

a_advice. b_devices. c_energy. d_suggestion

17_One idea is to print on both sides of the paper to waste

a_produce. b_protect. c_increase. d_reduce

18_Why don't you use a computer or tablet to notes or to read books

a_make. b_do. c_find. d_get

19_What .. do you use when you study?

a_energy. b_electricity. c_materials. d_protect

20_You can energy while studying.

a_make. b_do. c_find. d_save

20_Here are some simple to help you.

a_tips. b_devices. c_energy. d_suggest

21_I want to make my learning more

a_difficult. b_eco-friendly. c_friendly. d_friend

21_It is important to think about is what to do when you want to something.

a_get b_did. c_found d_print

22_How did people study before there were ... lights?

a_electric. b_electricity. c_natural. d_unnatural

23_take ... transportation to school to help reduce pollution?

a_private. b_public. c_natural. d_normal

24_Nadin is because she have a presentation .

a_cruel. b_kind. c_break. d_nervous

26_My Friend Nadin has

a_easy spelling b_tricky spelling. c_differnt spelling. d_simple spelling



LANGUAGE NOTES

Remember

يَتَذَكَّرُ بِنَفْسِهِ

Remind

يَذَكُّرُ (شَخْصٌ / شَيْءٌ يَذَكُّرُ)

I remembered to do my homework

I read online that you can remind yourself of tricky spelling words

make+جعَدُ+ صَفَّة

My friend makes me happy.

IDEA
MISS NADIN HISHAM

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difference between

اختلاف بين

I always forget the difference between desert and dessert.



PRESENT SIMPLE

المضارع البسيط

عادات وحقائق

He plays football every week.

He,she,it. اسم مفرد. **V+s,es,ies**

I,we,you, they. اسم جمع. **inf** المصدر

We like our teachers.

النفي Negative

I,we,you, they. اسم جمع

He,she,it. اسم مفرد.

don't
doesn't

+
المصدر

السؤال Questions

أداة الاستفهام

+
do
does
did

+
الفاعل
المصدر

What does she do?

Do you like mango?

we,you, they, اسم جمع.
I
He,she,it. اسم مفرد.

Nadin is clever.
ظرف التكرار(..always,never)
every...

are
am
is

V.to.be

I.we.you.they اسم جمع
He,she,it. اسم مفرد.

She was late

سنة في الماضي + yesterday, last ,ago,in

Usage
الاستخدام

PAST SIMPLE

الماضي البسيط

حدث بدأ وانتهى

عادة في الماضي

He played football last week.

الأفعال المنتظمة

+d,ed,ied

الأفعال في. المنتظمة

تحفظ كما هي ✓swim/swam

I went to the gym eat/ate✓

Form
التكوين

مصدر+didn't+الفاعل

المصدر

do
does
did

الفاعل

المصدر

What did she do?

What did she do?

Did you play tennis?

Did you play tennis?

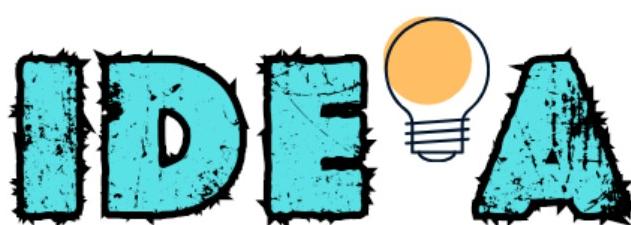


CHOOSE

1. I _____ English every day.
a) learn. b) learns. c) learned. d) learning
2. She _____ in Paris.
a) live. b) lives. c) living. d) is living
3. They _____ basketball on Friday
a) play. b) plays. c) played. d) playing
4. I _____ my homework yesterday.
a) do. b) does. c) did. d) am doing
5. He _____ to Japan last year.
a) go. b) goes. c) went. d) is going
6. They _____ a party last night.
a) have. b) has. c) had. d) are having
4. She _____ a book yesterday.
a) reads. b) read. c) is reading. d) has read
7. He _____ soccer every Saturday.
a) play. b) plays. c) played. d) is playing
8. We _____ a test last week.
a) take. b) takes. c) took. d) are taking
9. _____ she a doctor?
a) Is. b) Am. c) Are. d) Be
10. What _____ you usually do on Sundays?
a) do. b) does. c) is. d) are
11. I _____ my phone yesterday.
a) lose. b) lost. c) have d) was losing
1. He _____ his exam last year.
a) pass. b) passed. c) has passed. d) is passing
14. Last week, _____ to the gym.
a) I go. b) I went. c) I am d) I gone
15. Nadin.....go to the party yesterday.
a_don't. b) doesn't. c) didn't. d) isn't
15. Hego to the doctor last week
a_don't. b) doesn't. c) didn't. d) isn't

CORRECT

1. I _____ English every day. (not study)
2. She _____ a teacher. (be)
3. I _____ my keys yesterday. (lose)
4. They _____ to the store last week. (not go)
5. She often _____ her exam. (pass)
6. I _____ English for three years. (study)
7. Yesterday, I _____ to the park. (go)
8. She always _____ a book . (read)
9. Where _____ you live? (are)
10. What _____ your favorite hobby? (be)
11. They _____ breakfast at 7 a.m. (eats)
12. I _____ my phone yesterday. (doesn't lose)
13. She _____ her degree in 2010. (graduate)
14. They _____ to Japan last year. (go)
15. Last summer, _____ to the beach. (go)
16. She _____ (work) as a teacher.
17. I _____ coffee every morning. (didn't drink)
18. I _____ my keys last night. (lose)
19. They _____ to the movies yesterday. (don't go)
20. He never _____ (work) at Google.
21. She _____ (graduate) from Harvard last year.
22. They _____ (not travelled) around Europe.



MISS NADIN HISHAM

0101403206



Key vocabulary

LESSON 364

| | | | |
|--------------|---------|-------------|-------------|
| truth | حقيقة | the brain | المخ |
| cells | خلايا | active | نشط |
| naturally | طبعياً | connections | يفكر في |
| basic | أساسي | habit | عادة |
| living thing | كائن حي | real life | حياة حقيقية |

Extra vocab

| | | | |
|------------|-------------|--------------|--------|
| actually | بالضبط | opinion | رأي |
| technology | تقنية | young people | الشباب |
| explain | يشرح | disagree | يرفض |
| topic | موضوع | right | محق |
| sleeping | النوم | learning | تعلم |
| hard work | العمل الجاد | research | بحث |



| | | | |
|-------------|----------|----------|------------|
| connections | اتصالات | Finally | في النهاية |
| facts | حقائق | helpful | متعاون |
| show | يوضح | students | طلاب |
| unit | وحدة/جزء | others | آخرين |
| telling | إخبار | explain | يشرح |

Conjugation of verbs

| | | | |
|----------------------------------|-----------|--------------------------|------|
| believe/believed/believed. | يعتقد | link/linked/linked. | يربط |
| mean/meant/meant. | يعني/يقصد | make/made/made. | يصنع |
| sleep/slept/slept | ينام | feel/felt/felt. | يشعر |
| understand/understood/understood | يفهم | take/took/taken. | يأخذ |
| learn/learnt/learnt. | يتعلم | know/knew/known. | يعرف |
| get/got/got | يحصل على | study/studied/studied. | يدرس |
| help/helped/ helped. | يساعد | MISS NADIN HISHAM | |



Synonyms & Antonyms

Expressions & Prepositions

new. جديـد =modern ××**old**

يكون خلايا مـخ جديـدة. make new brain cells.

disagree. يـرفض =refuse. ××**agree.**

ينـشـيـء اتصـالـات جـديـدة بـيـنـهـا create new connections between

remember. يـتـذـكـر =remind. ××**forget**

يبـقـى نـشـطـاً أـثـنـاء stay active during

right. حـقـ =true. ××**wrong**

مـهـمـاً for important

turn off يـطفـئ =switch off ××**turn on**

يـتفـقـ مع agree with.

useful. مـفـيدـ =helpful. ××**useless**

يـنـامـ كـفـائـةـ get enough sleep.

better. اـفـضـلـ =good. =best ×worse

يـتـصلـ مـعـ connect with up

explain
يـشـرـحـ

to make something clear or easy to understand

Cell
خلـيـةـ

the smallest basic unit of a living thing

naturally
طـبـيعـيـاـ

something that happens as part of nature

active نـشـيطـ
connect. يـوصـلـ

busy doing something
link to something else

Definitions



IDEA

MISS NADIN HISHAM

01101403206

LANGUAGE NOTES

Fact . حقيقة.

لا أحد يختلف عليها

Opinion. رأى
صحيح أو خطأ

A statement can be a fact or an opinion. When it is a fact, we can check it to see if it is true or false. There are often numbers or times in facts, too.

When someone says "I think or "I believe.. this is an opinion. Some people may believe it and think it is true, but other people will not believe it and think it is false.

it's important for
مصدر+to+مفعول
صحيح... لأن

I always forget the difference between desert and dessert.



The truth about the brain

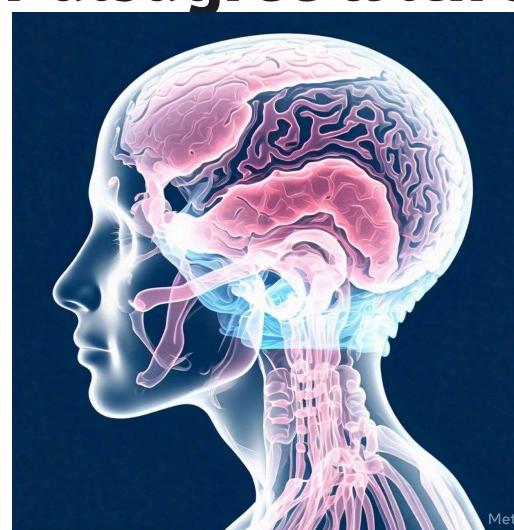
Many people think that when we learn our brains make new brain cells. But actually, we create new connections between brain cells we already have. In fact, one brain cell can connect with up to 10,000 others

In the past, people believed the brain "turned off" when we went to sleep. But with new technology, we now know that some parts of the brain stay active during sleep. Sleep is very important for learning because it helps us remember things better, in fact, people who get enough sleep can remember about 20% more than those who do not.

For young people, research shows that learning feels more interesting if they know how it can help them in real life. About 85% of students say they learn better when they understand why a topic is useful. So, it's important for teachers to explain why lessons are helpful

Finally, our brains have a habit of telling us that things we agree with are "facts". When we disagree with something, we see it as an opinion. This happens naturally, but it's helpful to remember that just because we agree or disagree with something doesn't mean we are right.

الحقيقة حول الدماغ



يعتقد الكثيرون أن الدماغ يخلق خلايا جديدة عند التعلم، لكن الحقيقة هي أننا ننشئ وصلات جديدة بين الخلايا الحالية. يمكن لخلية دماغ واحدة أن ترتبط بـ 10,000 خلية أخرى في الماضي، كان يعتقد أن الدماغ "يغلق" عند النوم، لكن التكنولوجيا الحديثة أظهرت أن بعض الأجزاء تبقى نشطة. النوم ضروري للتعلم لأنه يحسن الذاكرة، حيث يستطيع الأشخاص الذين يحصلون على قسط كافٍ من النوم تذكر 20% أكثر من غيرهم.

أظهرت الأبحاث أن الشباب يجدون التعلم أكثر إثارة للاهتمام عندما يفهمون استخدامه في الحياة الواقعية، حيث يذكر 85% من الطلاب أنهم يتعلمون بشكل أفضل عند فهم أهمية الموضوع.

لذلك، فمن المهم أن يشرح المعلمون أهمية الدروس. كما أن الدماغ يملك عادةً ربط الأفكار المتواقة مع الحقائق، بينما ترى الأفكار غير المتواقة كآراء. هذه العملية تحدث بشكل طبيعي، لكن من المفيد تذكر أن اتفاقنا أو عدم اتفاقنا مع فكرة ما لا يعني أننا على صواب.



CHOOSE

IDEA
MISS NADIN HISHAM

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1_our brains make new brain

a) materials. b_sails. c_sell. d_cells

2_...to make something clear or easy to understand

a)learn. b_explain. c_active. d_right

3_the smallest basic unit of a living thing.

a_learn. b_explain. c_active. d_cell

4_...something that happens as part of nature

a_make. b_naturally. c_active. d_cell

5_...busy doing something

a-learn. b_explain. c_active. d_right

6_...link to something else

a_learn. b_explain. c_active. d_connect

7-one brain cell can with up to 10,000 others

a_connect. b_explain. c_active. d_turn

8_some parts of the brain stay ...during sleep.**9**_people who ... enough sleep can remember about 20% more than those who do not.

a_connect. b_explain. c_get d_make

10_our brains have a habit of telling us that things we... with are "facts".

a_make. b_agree. c_active. d_cell

11_It's to remember that just because we agree or disagree with something doesn't mean we are right.

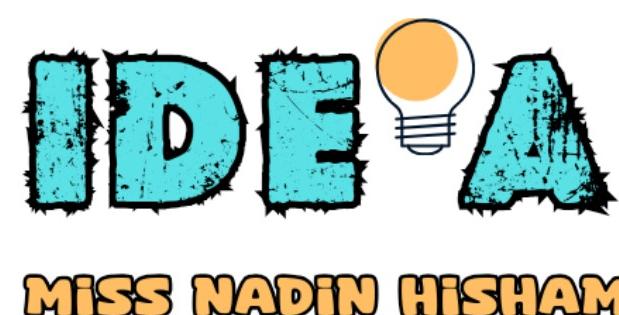
a_unhelpful b_agree. c_active. d_helpful

12_.... show that learning feels more interesting if they know how it can help young people

a_projects b_solutions. c_researches d_reviews



CHOOSE



MISS NADIN HISHAM

13_ It's important for teachers to ... why lessons are helpful. **0101403206**

a_connect. b_explain. c_get d_make

14_we new connections between brain cells we already have.

a_make. b_create c_active. d_do

15_Nadin told us about about the brain 🧠.

a_truth b_agree. c_active. d_site

16_people believed the brain "... off" when we went to sleep

a_make. b_turn c_active. d_do

17_When we disagree with something, we see it as an

a_true b_explain. c_fact d_opinion

18_My teacher explained an useful....about the teaching.

a_site b_subject. c_topic d_make

19_Writing helps usthings better.

a_truth b_forget. c_remember d_site

20_Sleeping is very ... for learning

a_bad b_important. c_useless. d_cells

Write a paragraph about the brain

.....
.....
.....
.....
.....
.....
.....
.....



Who/that

العاقل

Which/that

غير العاقل

Students who/that study every day usually get better grades

This is the website which explains grammar rules clearly

Where

المكان

When

الوقت

This is the shop where I buy all my notebooks

IDEA
MISS NADIN HISHAM

01101903206

Morning is the time when I learn best

Whose

الملكية

That's the boy whose father is a teacher at the school



CHOOSE

1. The woman _____ is standing by the door is my teacher.

- a) who. b) which. c) then. d) whom

1. The book _____ I read last week was fascinating.

- a) when. b) which. c) who. d) whom

2. The city _____ I visited last year is famous for its art. **MISS NADIN HISHAM**

- a) that. b) where. c) who. d) when

3. My sister, _____ is a doctor, helped me with my injury.

- a) who. b) which. c) when. d) whom

4. The person _____ helped me was very kind.

- a) where. b) which. c) who. d) whom

5. The restaurant _____ serves the best pizza is downtown.

- a) that. b) where. c) who. d) whom

6. The teacher _____ classes I attended was extremely knowledgeable.

- a) whose. b) which. c) who. d) when

7. The city _____ I grew up in is experiencing rapid growth.

- a) that. b) whose. c) where. d) who

8. The student _____ scored highest on the exam received a scholarship.

- a) who. b) which. c) when. d) whom

9. The book _____ you recommended is on the bestseller list.

- a) when. b) which. c) who. d) whom

10. Morning is the time ... I learn best.

- a) when. b) which. c) who. d) whom



01101403206



CORRECT

- 1_ Students(which) study every day usually get better grades.
- 2_ That's the boy(when) father is a teacher at the school.
- 3_ Evening is the time(who) I eat .
- 4_ This is the shop(that) I buy all my notebooks.
- 6_ This is something(where) I use to look up new words.
- 7_ The class is the place.....(who) I meet my friends.
- 8_ Do you know.....(which) this bag belongs to?
- 9_ This is the school.....(who) I went to I was at the primary stage.
- 10_ I like classmates(when)share their notes with me.
- 11_ Do you remember any words(who)you leamed before?
- 12_ You are the person(which) help I need the most because you're patient.
- 13- You taught me that hard work and kindness(who) are more important than anything
- 14_ I'm proud of you. You're the one grandichild in the family(which) works really hard
- 15 _Also, the school(who) you go to now is one of the best in the area.
- 16_I believe that home is a place(when) we can leam a lot from each other



Key vocabulary

LESSON 566

| | | | |
|---------------|-------------|---------------|------------|
| annoying | مزعج | pattern | نمط |
| rhythm | قافية/ايقاع | traditions | تقالييد |
| movements | حركة | colored beads | حبات ملونة |
| pedal | دواسة | necklace | عقد |
| appreciate | يقدر | handicrafts | حرف يدوية |
| represent | يمثل | patience | صبر |
| culture | ثقافة | peace | سلام |
| journal entry | مدخل المجلة | strength | القوة |

Extra vocabs

| | | | |
|-----------|-----------|------------|-------|
| afternoon | بعد الظهر | results | نتائج |
| hope | يتمنى | continue/d | يستمر |
| show | يوضح | dropping | سقوط |



| | | | |
|------------|-------|-------------|-----------|
| nature | طبيعة | values | قيم |
| perfect | مثالي | Action Plan | خطة الحدث |
| proud | فخور | process | عملية |
| meanings | معنى | importance | أهمية |
| experience | خبرة | scared | خائف |
| seconds | ثواني | trying | محاولة |

Conjugation of verbs

spend/spent/spent. يقضى

keep/kept/kept. يحفظ

mean/meant/meant. يعني/يقصد

make/made/made. يصنع

sleep/slept/slept ينام

feel/felt/felt. يشعر

start/started /started يبدأ

teach/taught/taught. يعلم

learn/learnt/learnt. يتعلم

know/knew/known. يعرف

ride/rode/ridden يركب

fall/fell/fell. يسقط

give up/gave up/given يستسلم

practice/practiced/practiced. hold/held / held. يتدرب
يمسك



Synonyms & Antonyms

annoying. يزعج =painful ××relaxing

encourage يشجع =confident ×discourage

scared خائف =afraid×× brave

perfect. جميل=beautiful. ××bad

peace. سلام . =calmness. ×war

proud. فخور =confident. ××ashamed

Focus on. يركز على

patience صبر
rhythm تناغم

encourage. يشجع
annoying. يزعج

traditions تقاليد

proud. فخور

Expressions & Prepositions

make a necklace. يعمل عقد
ride for .. يركب ..

want quick results يريد نتائج سريعة

spend enough time. يقضي وقت كافي

found a rhythm, وجد تناغم

shared stories about شارك قصص عن

appreciate my culture. اقدر ثقافتي

connect with the traditions. بالتقاليد يتصل

the ability to keep trying to do something and not give up regular pattern of movements

to talk or behave in a way that gives someone confidence
make you feel angry

something that a group of people, or a society, started doing a long time ago and still do

have a good feeling about something you do



An afternoon with my grandmother

Date: October 22, 2024

Today, I spent the afternoon with my grandmother who is from Senegal. She showed me how to make a necklace from different colored beads. The beads were very small and I kept dropping them which was annoying! I wanted to give up but my grandmother encouraged me to keep going, saying, "It takes time to make something very beautiful." Her words made me think about how I always want quick results and don't spend enough time trying to learn something new. As I continued, I found a rhythm, and I started to really enjoy myself.

My grandmother shared stories about how she learned this craft from her mother. She explained that each color bead has a different meaning in senegalese culture. For example, red represents strength and courage, blue means peace, yellow is for money, and green is for hope or nature.

Now, I appreciate my culture. Making the necklace helped me to connect with the traditions of the women in my family. In the end, my necklace wasn't perfect, but I felt proud. I learned that handicrafts represent our connection to tradition, culture, and our values. This experience taught me patience, the importance of practice, and the meaning behind what we make

Action Plan: Next time I will focus on staying patient and asking my grandmother more about the meanings behind the beads. I want to enjoy the process and continue connecting with African culture and traditions

بعد الظهر مع جدتي

التاريخ: 22 أكتوبر 2024

اليوم، قضيت بعد الظهر مع جدتي التي تعود أصولها إلى السنغال. علمتني كيفية صنع عقد من حبات مختلفة الألوان. كانت الحبات صغيرة جدًا وكانت تسقط منها مما كان مزعجًا! كنت أريد الاستسلام، لكن جدتي شجعني على الاستمرار، قائلة: "إن صنع شيء جميل يتطلب وقتًا". كلماتها جعلتني أفكر في كيفية رغبتي دائمًا في النتائج السريعة وأنني لا أقضى وقتًا كافيًّا في تعلم شيء جديد.

عندما وصلت، وجدت إيقاعًا، وبدأت الاستمتاع حقًا. شاركت جدتي قصصًا عن كيفية تعلمها هذه الحرفة من والدتها. أوضحت أن كل لون حبة له معنى مختلف في ثقافة السنغال. على سبيل المثال، يمثل اللون الأحمر القوة والشجاعة، والأزرق يعني السلام، والأصفر للمال، والأخضر للامل أو الطبيعة. الآن،



أقدّر ثقافتي. ساعدني صنع العقد على الاتصال بتقاليد النساء في عائلتي. في النهاية، لم يكن عقدتي مثالياً، لكنني شعرت بالفخر. تعلمت أن الحرف اليدوية تمثل اتصالنا بالتقاليد والثقافة وقيمنا.

خطة العمل:

المرة القادمة، سأركز على الصبر وأطلب من جدتي المزيد عن المعاني وراء الحبات. أريد الاستمتاع بالعملية والاستمرار في الاتصال بالثقافة والتقاليد الأفريقية.

June 22, 2024

1 Today, I spent the afternoon with my dad. My dad was teaching me how to ride a bike. I was a bit nervous at first, but I really wanted to learn. I kept saying, "I want to ride like all my friends!"

2 At the start, my dad held the back of the bike so I wouldn't fall. I tried to pedal, but I almost fell a few times. I was scared but didn't give up. My dad kept telling me, "It's okay. Keep trying."

3 After a while, my dad let go of the bike for a few seconds, and I rode a little by myself! I was so happy, and I was proud of myself. I fell once, but I got back up and tried again.

4 in the end, I could ride for a few seconds without my dad's help. I think I learned that if you keep trying, you can do anything! Today was fun, and I was really happy to learn how to ride my bike

22 يونيو 2024

اليوم، قضيت بعد الظهر مع أبي. كان أبي يعلمني كيفية ركوب الدراجة. كنت قليلاً خائفاً في البداية، لكنني كنت أريد التعلم حقاً. كنت أقول: "أريد ركوب الدراجة مثل أصدقائي جميعهم!"

في البداية، كان أبي يثبت مؤخرة الدراجة حتى لا أسقط. حاولت الدفع، لكنني كادت أن أسقط عدة مرات. كنت خائفاً لكنني لم أستسلم. كان أبي يقول لي: "لا تقلق، استمر في المحاولة". بعد فترة، ترك أبي الدراجة لمدة بضع ثوانٍ، وركبت قليلاً بنفسي! كنت سعيداً جداً، وكانت فخوراً بنفسي. سقطت مرة واحدة، لكنني ^{tried} again مرّة أخرى ومحاولات. في النهاية، استطعت ركوب الدراجة لمدة بضع ثوانٍ دون مساعدة أبي.

أعتقد أنني تعلمت أنك إذا استمررت في المحاولة، يمكنك فعل أي شيء! كان اليوم ممتعاً، وكانت سعيداً جداً لتعلم ركوب الدراجة.



CHOOSE

1_Ali learned this from his father

a) materials. b_sails. c- craft. d_cells

2_...to the ability to keep trying to do something and not give up

a) encourage b_explain. c_patience d_proud

3_....have a good feeling about something you do

a_encourage b_explain. c_patience d_proud

4_...something that a group of people, or a society, started doing a long time ago
and still do

a_traditions b_nature c_active. d_facts

5_...to talk or behave in a way that gives someone confidence

a_encourage b_explain. c_patience d_proud

6_.... make you feel angry

a_traditions b_annoying c_active. d_facts

7_I make a from different colored beads.

a_notes b_annoying c_necklace d_paper

8_My teacher explained that each color bead has a different meaning in senegalese .

a_traditions b_nature c_culture d_fact

9_Salma found a, and she started to really enjoy myself.

a_encourage b_explain. c_patience d_rhythm

10_Red strength.

a_represents b_annoys c_does d_makes

11_When I want to give up, my grandmother me to continue.

a_encourage b_explain. c_patience d_rhythm

12_Making the necklace helped me to connect with theof the women in my
family.

a_facts b_nature c_active. d_traditions



CHOOSE

13_ From my experience taught

a_encourage. b_sails. c_patience. d_cells

14_ We shouldour culture

a) encourage b_explain. c_appreciate d_proud

15_.... represent our connection to tradition.

a_facts b_.handicrafts c_patience d_proud

16_Aya will focus staying patient

a_off b_on c_to d_for

17_Her necklace wasn't, but she felt proud.

a_encourage b_useless. c_perfect d_proud

18_.He wants to enjoy... and continue connecting with African culture and traditions

a_traditions b_annoying c_the process d_facts

19_I was.... but didn't give up.

a_encourage b_scared c_perfect d_proud

20_Ali could ... for a few seconds without his dad's help .

a_make b_do c_culture d_ride

Write a paragraph about "how do you study?"

.....

.....

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.....

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.....